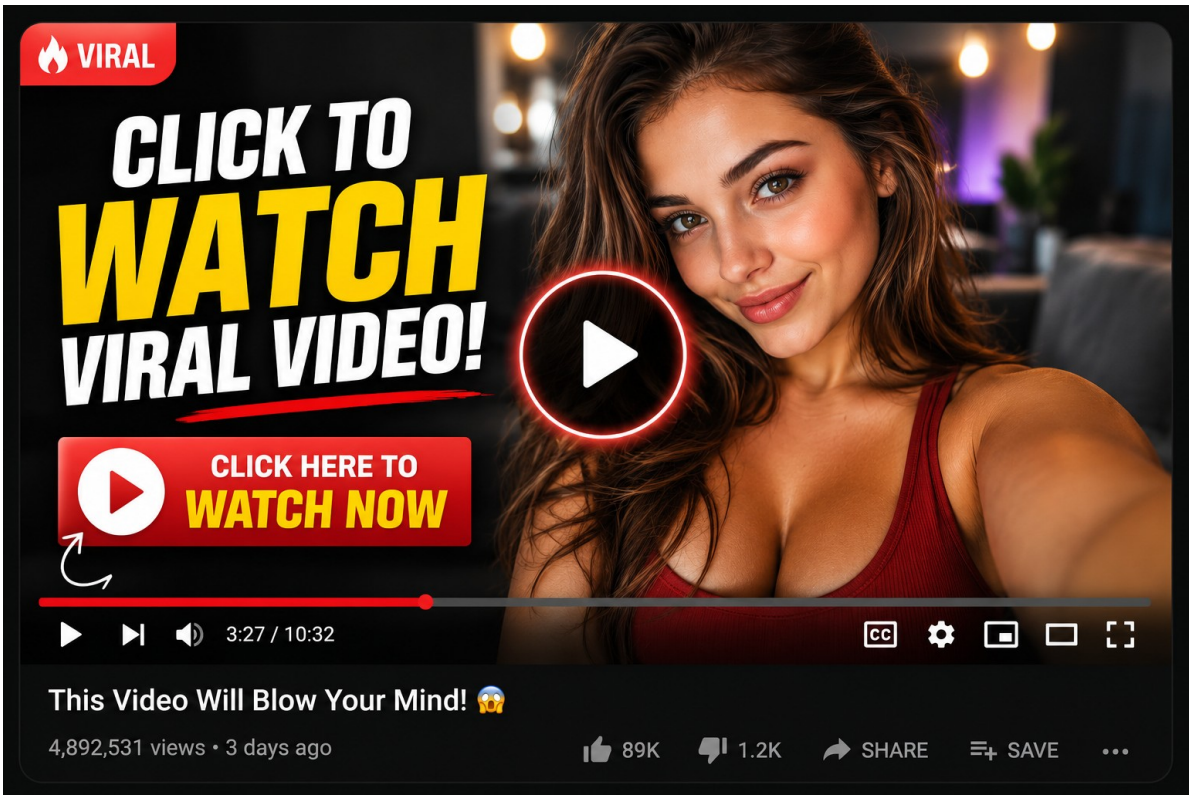gold medalist viral video instagram viral video 19 minutes link